

DBT SKILLS CLASS

Join our DBT Class and **leave equipped with a set of “tools”** that will help you better cope with overwhelming emotions, distressing thoughts, and day-to-day life stressors. We are thrilled to offer a DBT (Dialectical Behavior Therapy) Skills Class to Fayette County at a very affordable rate. Most classes charge \$60-\$300 per lesson. We are offering an introductory rate of \$20 per lesson. What is DBT? DBT encompasses four modules: **Mindfulness, Emotion Regulation, Interpersonal Effectiveness, and Distress Tolerance**. These skills help increase flexible thinking, manage emotions, develop and maintain fulfilling relationships, increase self-awareness, and cope with crises. DBT has been clinically shown to be effective to help people with anxiety, depression, ADD, anger management, addictions, bipolar disorders, eating disorders, grief, self-harm –the list goes on and on. Learn these skills **for yourself or to help you cope with a loved one**. This class is for everyone!

- * Module/Session I: Mindfulness Skills, Emotional Regulation Skills
- * Module/Session II: Mindfulness Skills, Interpersonal Effectiveness Skills
- * Attendance at both sessions/modules is recommended to optimize learning these skills, but it is not required

Day: Fridays

Date: Session I: January 22 - March 4

Course Code: 16093

Session II: March 18 - May 6

Course Code: 16094

*No class: April 8

Time: 10:30 a.m. - Noon

Fee: \$120 per resident \$180 per non-resident

****A supply fee of \$25 is due to instructor at first class (first-time students only).***

Age: Adult (teens welcome)

Location: Kiwanis Center

DOG OBEDIENCE

Teach your dog to be a canine citizen through obedience training. This class is based upon the American Kennel Club's Companion Dog course. Your dog will learn to walk on a leash, come when called, sit, stay, and much more. Rate applies to one dog. **Do not bring your dog to the first class.**

Day: Wednesdays

Date: Session I: February 10 - April 13

Course Code: 16095

Session II: April 20 - June 22

Course Code: 16096

Time: 7:00 p.m. - 9:00 p.m.

Fee: \$85 per resident \$127.50 per non-resident

Age: 10 & older (adults and teens)

Location: Kiwanis Center



For specific questions about the Dog/Rally Obedience classes, such as whether prior training meets requirement for Rally Obedience, please call the instructor at 770-460-7910 and leave a voice mail.

RALLY OBEDIENCE

Rally Obedience is a sport in which dog and handler complete a course designed to demonstrate and reinforce obedience training. Improve communication with your dog while developing a sense of teamwork. Rally can be used as a dynamic, enjoyable way to practice obedience commands, or as a link between obedience and agility competition. **Prerequisite:** The dog should have successfully completed basic dog obedience and/or Canine Good Citizen (CGC) training. **Please bring your dog to every class.**

Day: Wednesdays

Date: Session I: February 10 - March 30

Course Code: 16097

Session II: April 20 - June 8

Course Code: 16098

Time: 5:30 p.m. - 6:45 p.m.

Fee: \$80 per resident \$120 per non-resident

Age: 10 & older (adults and teens)

Location: Kiwanis Center

EARN YOUR GEORGIA MOTORCYCLE LICENSE WITH NEW RIDER AND EXPERIENCED RIDER MOTORCYCLE SAFETY TRAINING

Fayette County Parks and Recreation, in conjunction with Georgia Motorcycle Riders, is offering classes leading to earning your Georgia motorcycle license endorsement. Classes for both new riders and experienced riders are being offered. These classes and instructors are Motorcycle Safety Foundation (MSF) and Georgia Department of Driver Services approved.

For more information on days, dates, times, fees, and requirements, visit the Web site at <http://GeorgiaMotorcycleRiders.com> or call 678.364.1442 for the schedule and to register.

AARP SMART DRIVER

You can expect to learn current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. You will learn adjustments to accommodate common age-related changes in vision, hearing, and reaction time. Consult your insurance agent to see if you qualify for a 10% discount!

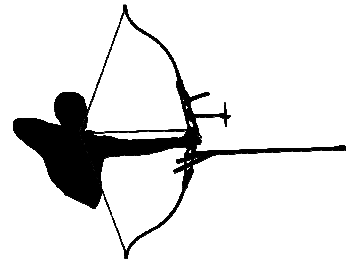
Day: Monday
Date: Session I: February 8
Session II: April 18
Time: 9:00 a.m. - 3:45 p.m.
Fee: \$15 per AARP member \$20 per non-member
Age: 25 & older
Location: Activities House



BEGINNING ARCHERY

This program is offered through the Nockbusters Archery Club, a USA Archery affiliated group, to promote the sport of archery. Our program offers basic instructions and a safe environment to learn the sport of archery. This beginner course is a prerequisite for first-time archery participants: A basic program of instruction and guidance will teach the basic skills of archery while ensuring safety and encouraging a fun time. **Students must be able to attend all three classes in their session (no refunds/makeups for missed classes). Basic instruction and equipment are included.**

Day: Sundays
Date: Session I: January 17 - 31 Course Code: 16102
Session II: March 13 - 27 Course Code: 16103
Time: 6:30 p.m. - 8:30 p.m.
Fee: \$60 per resident \$90 per non-resident
Age: 8 & older
Location: Kiwanis Center



WEEKLY ARCHERY

Once you have taken the beginner course, you are eligible to attend the Sunday sessions. This ongoing program offers basic instructions and a safe environment to learn the sport of archery. Students should either preregister for the full 3-4 week session (no refunds or makeup days) or pay the drop-in fee at each class attended. **Details subject to change.**

Day: Sundays
Date: Session I: January 3 - 31 Course Code: 16104
Session II: February 7 - 28 Course Code: 16105
Session III: March 6 - 27 Course Code: 16106
Session IV: April 10 - 24 Course Code: 16107
*** No class: January 17 or February 14**
Fee: Sessions I & III: \$28 per resident \$42 per non-resident (4 Sundays)
Sessions II & IV: \$21 per resident \$32 per non-resident (3 Sundays)
Drop-In Fee: \$10 per resident \$15 per non-resident
***No online registration for Daily Drop-In payments**
Age: 8 & older (adults and youth)
Location: Kiwanis Center

LINE DANCING

Line dancing builds confidence. It enables you to learn balance, rhythm, timing, poise, and posture. It reduces stress, increases energy, and improves strength and muscle tone. It is a friendly and social atmosphere. It promotes cardiovascular health through physical workouts of varying intensity. It also has mental benefits. Line dancing is no longer being danced to just country music. We dance to all genres of music including country, rap, rock, pop, hip hop, and line waltz. We will dance to various artists including Pink, Maroon 5, Macklemore, Jennifer Lopez, Usher, Darius Rucker, Easton Corbin, Train, Luke Bryan, Kenny Chesney, Jesta James, Laura Bell Bundy, and many more. **Details subject to change.**

***NEW: Each weekly Dance Class registration (Monday PM and Tuesday AM) includes the Open Dance Party fee for that same month (nothing else to pay). See below for Dance Party dates, times, and fees for individuals not registered for a weekly class that month.**

Monday PM Class

Day: Mondays

Date: Session I: January 11 - February 1

Session II: February 8 - 29

Session III: March 7 - 28

Session IV: April 4 - 25

Course Code: 16108

Course Code: 16109

Course Code: 16110

Course Code: 16111

Time: Beginners 6:30 p.m. - 7:30 p.m.

Intermediate 7:30 p.m. - 8:30 p.m.

Fee: \$30 per resident \$45 per non-resident

Age: Adult

Location: Kiwanis Center

**Tuesday AM Class**

Day: Tuesdays

Date: Session I: January 12 - February 2

Session II: February 9 - March 1

Session III: March 8 - 29

Session IV: April 5 - 26

Course Code: 16112

Course Code: 16113

Course Code: 16114

Course Code: 16115

Time: 10:00 a.m. - 11:00 a.m. (Beginners)

Fee: \$30 per resident \$45 per non-resident

Age: Adult

Location: Kiwanis Center

Open Dance Party

Party fee is included with weekly Dance Class (see above) registration for that same month. All other individuals must register one full week prior to each dance event and pay the fee listed below. No refunds for open dances (or workshops when scheduled).

Day: Friday

Date: Session I: January 15

Session II: February 19

Session III: March 18

Session IV: April 15

Course Code: 16116

Course Code: 16117

Course Code: 16118

Course Code: 16119

Time: 7:30 p.m. - 10:30 p.m.

Fee: \$5 per resident \$7.50 per non-resident

Age: Adult

Location: Kiwanis Center

**BALLROOM & SWING DANCING**

Instructor will teach standard smooth and rhythm ballroom dances as well as West Coast Swing, a popular and evolving style of dance that is completely different from other ballroom dances. Come for the great fun! Build confidence and look great at social events! **Beginner and intermediate level students are welcome. No partners needed.** *Call the number below or send an e-mail to recreation@fayettecountyga.gov to be added to the Ballroom/Swing Interest List. Be sure to provide the name(s), phone number, and e-mail address of all interested individuals. Classes will be formed when we have enough students.